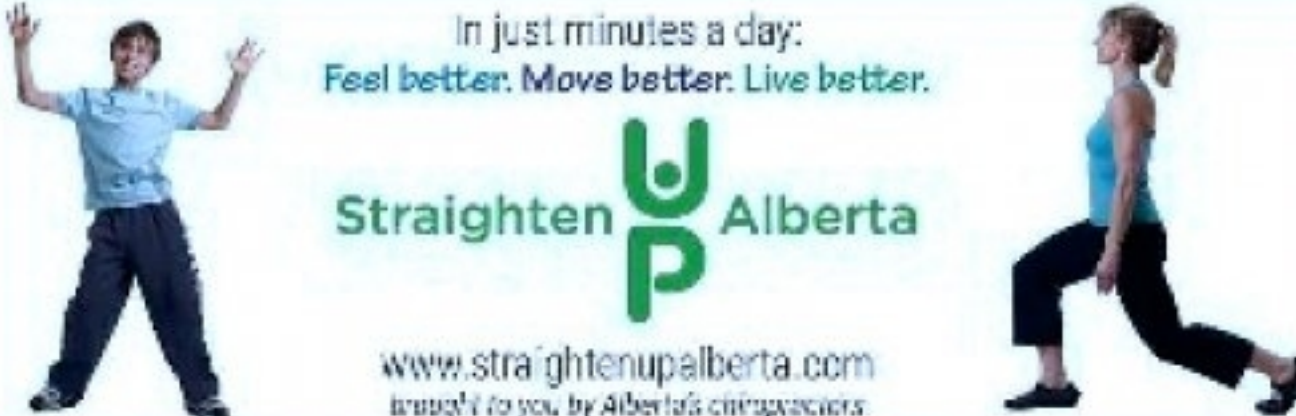


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## 'We need to recommit to Racism Free Edmonton'

Mayor Don Iveson offers a year-end glimpse into his ambitions and a rallying call to combat racism in 2017 **metroNEWS**



JEREMY SIMES/METRO

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POLICY CONFERENCE

## Politicians respond to Tory party inquiry



**Josie Lukey**  
For Metro | Calgary

Alberta politicians are responding to a report released Sunday which detailed an investigation into a PC Party policy conference in Red Deer in early November.

A third-party investigation into the conference launched after leadership candidates Sandra Jansen and Jason Kenney complained of harassment and intimidating behaviour found there was "rude and ill-mannered behaviour," but no evidence suggesting leadership candidates were orchestrating the attacks.

A statement from Kenney's campaign said they're pleased the report corroborates the past comments of the campaign's innocence. "Our campaign has strived to exhibit a positive and re-

spectful tone throughout. Neither Jason nor any member of the campaign staff has engaged in personal attacks against other candidates," the statement read. "Jason has repeatedly condemned threatening language or conduct directed at anyone in public life, and he continues to do so today."

Sandra Jansen took to Twitter to express her dissatisfaction with the results. In a series of tweets, Jansen used the hashtag #NoPartyForWomen, accusing the PCAA of having an old boys club mentality.

Jansen did not respond to Metro's repeated requests for comment.

Donna Kennedy-Glans, who dropped out of the leadership race after the conference, said she accepts the results of the report. Previously, Kennedy-Glans said she didn't witness harassment directly.

In an interview on Monday with Metro, Kennedy-Glans said she was emailed asking if she or anyone on her team had witnessed harassment to contact the investigator. But Kennedy-Glans said she was not interviewed for the investigation.

"I think any harassment of any person, male or female, is a very serious matter and I'm glad the party is taking it seriously but again, to reiterate, I wasn't personally harassed," Kennedy-Glans said.

**Any harassment of any person, male or female is a very serious matter.**

Donna Kennedy-Glans



The investigation into the Red Deer conference regarding harassment allegations found no evidence leadership candidates were behind attacks. THE CANADIAN PRESS



Experts are debating the appropriate legal age for marijuana. THE CANADIAN PRESS FILE

## Age limit debate on legal pot begins

HEALTH

### Experts divided on when youth should be able to smoke weed



**Kevin Maimann**  
Metro | Edmonton

Experts are debating the age limit for buying marijuana, with one Edmonton group saying a legal age on par with alcohol could ease the crowding of prisons and remand centres.

"There's a lot of people that are in remand, that are in provincial institutions, for minor drug offences," said Chris Hay, executive director of the John Howard Society, a non-profit advocating for prison reform. "I think this will definitely help to stave that off, or prevent that a little bit."

Legalization is expected in spring 2017.

A recent landmark report from the federal Task Force on Cannabis Legalization and Regulation recommended age 18, but the Canadian Medical Association is pushing for 21.

"This is a balance between protecting the developing brain

versus trying to address some of the social realities and harm reduction," said Dr. Jeff Blackmer, who is based in Ottawa.

"Obviously there's no perfect solution here."

Blackmer said evidence shows marijuana has a detrimental effect on short-term memory and retention of information, and chronic use is linked to depression, anxiety and psychosis in some users.

Ideally, he said, youth would not use the drug until their brains stop developing around age 25.

"I think people are often a little bit surprised when they

find out that marijuana is not a benign substance," he said.

The Canadian Paediatric Society is pushing for 18, with conditions: Dr. Christina Grant said there should be a limit on the potency of products available to anyone under 25.

"If we put it at 21, all those under 21 are still going to be forced to go to the black market, and then they're potentially at worse risk because they don't know the potency," Grant said.

The society is also advocating for indigenous communities, where youth cannabis use is twice as high, to set their own parameters.

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# Iveson muses on past year

## RETROSPECTION

### Mayor looks back and forward to city's future



**Jeremy Simes**  
Metro | Edmonton

As 2016 draws to an end, Metro sat down with Mayor Don Iveson to reflect on this year and what he thinks needs to be done in 2017.

#### We saw many racist incidents this year. What can we do in 2017?

As a city, we need to recommit to Racism Free Edmonton, our old program which needs a shot in the arm or maybe a new name. As an employer, there's more we can do to deal with casual racism or discrimination in the workplace and set the right example. There's always more you can do.

But you can't combat this top down. There's a leadership role in calling out any form of discrimination. Keep 'making it



**In a year-end interview with Metro, Don Iveson says he's proud of the city's work to find efficiencies, though he hopes to get funding secured for the LRT and affordable housing.**

JEREMY SIMES/METRO

awkward' if someone is saying something inappropriate over the Christmas holidays. That's the opportunity to call that out and start a conversation. Think of it more like peacekeeping.

#### We're seeing another tax increase next year (2.9 per cent).

#### It's smaller than previous years, but how can you convince Edmontonians it's appropriate when the economy is hurting?

I think people understand the costs of doing business for the City of Edmonton are real and that the services they depend on

have value. We set goals for staff to harvest their savings and do their work, and they've exceeded those goals every year, so I'm actually really proud of that work.

But some of those costs are inescapable, and one of them is the neighbourhood renewal program. We had fallen so be-

hind on that work historically and costs had risen so much. I trust Edmontonians can understand that's the biggest portion of our tax increase (1.5 per cent). We've got one more year of phasing in that increase and then we're done. Future tax increases will be lower because we won't have that neighbourhood renewal levy.

#### When does your campaign for re-election start?

Not today. When it was revealed that I very quietly filed my notice of intent for nomination, I said, 'The longer we govern and the shorter we campaign, the more of service we'll be to Edmontonians.' I really strongly believe in that. I still think there is more governing to do. I think there's still more work to do with the province securing LRT funding to go west, with phase two of the Valley Line. There's still a lot of work to get funding commitments from senior governments to build supportive housing. The campaign will start when it's appropriate later in the year.

*This interview has been edited and condensed for clarity.*

## SPRUCE GROVE

### Three dead in home

Mounties are investigating the deaths of three people in a home west of Edmonton.

RCMP got a 911 call to a home in Spruce Grove, about 30 kilometres west of Edmonton, on Monday morning.

They said no suspects are being sought in the deaths.

"At no time do we believe any of our neighbours or residents in the area were at risk at all," said Cpl. Kim Mueller. "We're not looking for anyone in relation to this incident at this time."

Police officers could be seen removing guns from the home and one officer told CTV News they were being taken in as evidence, but wouldn't confirm whether they had anything to do with the incident.

Mounties are not releasing any information about the identities of those found but said more may be released after autopsies have been done on Tuesday morning.

Neighbours told CTV the occupants moved into the neighbourhood during the summer.

THE CANADIAN PRESS, CTV NEWS



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Kerry Woodland says bus tickets go a long way for Edmontonians who can't afford them. TIM QUERENGESSER / METRO

## City launches donate-a-ride

BOYS AND GIRLS CLUBS

### Campaign helps those who can't afford transit



Jeremy Simes  
Metro | Edmonton

Kerry Woodland knows at least two kids in government care who wouldn't be able meet others in similar situations without bus tickets.

"At that program, which we have for kids in care, is where these kids meet others to have a sense of belonging," said Woodland, director of service delivery at the Boys and Girls Clubs Big Sisters Big Brother of Edmonton and Area.

"They also get support that's needed."

On Monday, the city will launch its Donate a Ride campaign, an initiative that sees Edmontonians donate funds so that the city can purchase bus tickets for social agencies, like Boys and Girls Clubs.

Woodland said some families couldn't have made it to the group's Christmas party without bus tickets — they

can be costly.

"This program breaks down the barrier of isolation," she said. "When every penny counts, it's nice they put those dollars to food and shelter. So these small, small passes can help in such a big way."

Marvin Babiuk, Edmonton Transit representative for the Donate a Ride committee, said he remembers a single mom thanking the city for the tickets — it meant she didn't have to take a two-hour walk to college every day.

"Having that bus ticket to get to school allowed her to not have to spend up to four hours walking to and from the school," he said.

"I think, for many people, basic transportation is taken for granted. It can create large barriers for individuals to take care of their most basic needs."

Woodland said the tickets go a long way for people who use the group's services.

"This is such a valuable resource for our community," she said. "So we're very, very appreciative."

Donations can be made to the kiosk at the Churchill LRT station and Edmonton Transit's customer service desk at city hall. Edmontonians can also donate at ETS's online store.

CRIME

## Real-estate developer shot outside home

A prominent Calgary real estate developer was shot Monday morning outside his home in what police believe was a targeted attack.

Riaz Mamdani, founder and chief executive of Strategic Group, was confirmed as the victim by a company spokeswoman who said he was in stable condition.

"Strategic Group's condolences are with the Mamdani family at this time," said Lisa Maragh.

Police were called to the wealthy Mount Royal neighbourhood a little after 8 a.m. and found Mamdani in critical condition inside his late model Mercedes.

"By the nature of this attack it is believed to be targeted. But an exact motive is not known at this time," said Staff Sgt. Travis Baker.

A short time later, a vehicle fire was reported a few blocks away. Baker said it isn't known if the two incidents are related

but, considering the timing, it's likely.

Mamdani was conscious and talking to police investigators Monday afternoon.

Baker said police were looking for help from the public to locate a male suspect wearing an orange coat who was spotted in the area.

"It's a fairly quiet neighbourhood down there, so we would hope that people recognize their neighbours and know who should and should not be

in the neighbourhood," Baker said. "Obviously, this person appears to be someone who should not be in the neighbourhood."

Police said they were exploring potential motives for the shooting, including whether it was business related.

Strategic Group has a range of commercial and residential developments in Alberta, British Columbia, Nova Scotia and New Brunswick.

THE CANADIAN PRESS



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### FESTIVAL FATALITY INQUIRY

#### Standards needed for temporary stages: Report

An inquiry into the death of a spectator at an Alberta music festival when high winds caused a stage to collapse is recommending national design standards

for temporary stages. The inquiry report says Donna Moore suffocated when speakers at the Big Valley Jamboree in Camrose fell on her on Aug. 1, 2009.

THE CANADIAN PRESS

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# Canadian hostage, kids seen in video

## AFGHANISTAN

### Held since 2012, family describes 'Kafkaesque nightmare'

A video showing the two children of Canadian captive Joshua Boyle and his American wife Caitlan Coleman for the first time was posted online Monday as Coleman describes what they call a "Kafkaesque nightmare."

The family has been held by the Taliban-linked Haqqani Network since 2012 — both boys born in captivity. Coleman says the video was made Dec. 3 and as they ask for their freedom she says both her children "have seen their mother defiled."

"We understand both sides hate us," she says. "And are content to leave us and our two surviving children in these problems... We ask quickly that in our collective fourteenth year of



Caitlan Coleman and Joshua Boyle with their children. TWITTER

prison, urge the governments on both sides to reach some agreement to allow us freedom."

Boyle, 33, and Coleman, 31, were kidnapped near Kabul during a backpacking trip through

Central Asia in October 2012. Coleman was five months pregnant at the time and gave birth to their son in custody. They had a second boy in 2015, after what Boyle told his parents was a "7 1/2

month surreptitious pregnancy."

Boyle delivered his second son in the darkness by flashlight. "Ta-da!" he wrote in correspondence seen by Torstar News Service. "The astonished captors were good and brought all our post-partum needs, so he is now fat and healthy, praise God."

Boyle's writings, delivered through intermediaries and written in his tiny penmanship, provided a glimpse into his family's life in captivity.

"We are trying to keep spirits high for the children and play Beautiful Life," he wrote.

Boyle's parents believe this is a reference to the movie in which a father protects his son from the brutalities of a Nazi concentration camp by pretending it is just a game.

The writings also had references to the boys, along with Stompin' Tom Connors lyrics and Mother Teresa quotes, International Space Station and Rudyard Kipling and Thomas Merton poems. TORSTAR NEWS SERVICE

## HALIFAX

### Shipping delay strands critters at the airport



Adina Bresge  
For Metro | Halifax

A batch of live animals are recovering in their enclosures after a harrowing, four-day shipping delay at the Halifax airport, according to a pet store manager.

Terri-Ann Crisby said two chinchillas, two hamsters, two geckos and 40 fish were scheduled to be shipped on an overnight flight from Montreal to Gander on Wednesday, but the order was held up during a connection in Halifax enroute to northeastern Newfoundland.

By the time the animals ar-

rived Sunday morning, Crisby said all but 32 fish survived the journey to Pet Central in Gander, N.L., after being stranded for days due to bad weather.

Crisby said she drove to the airport eight times between Thursday and Sunday, but each time she arrived, she was told her shipment had been bumped.

She called Air Canada to stress that live animals need to be handled differently than baggage.

"I even asked them if they could just open their containers and give them some water and food," said Crisby. "They said because of liability reasons they couldn't."

### B.C. funeral homes asked to distribute naloxone

As opioid overdoses spike in B.C., the B.C. Funeral Association is recommending members carry naloxone, a drug that can be used to reverse the effects of overdoses, because of the increased likelihood a mortician or other staff will come into contact with lethal opioids like fentanyl.

The number of overdose

deaths related to illicit drugs leapt to 755 by the end of November, a more than 70 per cent jump over the number of fatalities recorded during the same time period last year. The B.C. Coroners Service says fentanyl was detected in 374 of the cases, or about 60 per cent of deaths.

TORSTAR NEWS SERVICE



## What is DONATE A RIDE?

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A man identified as Mevlut Mert Altintas killed Andrei Karlov, the Russian Ambassador to Turkey, shouting: 'Don't forget Aleppo! Don't forget Syria!' AP & GETTY IMAGES

## LATEST NEWS

### TURKEY

#### Gunman kills Russian ambassador

A Turkish policeman fatally shot Russia's ambassador to Turkey on Monday in front of a gathering at a photo exhibit and then, pacing near the body of his victim, appeared to condemn Russia's military role in Syria, shouting: "Don't forget Aleppo! Don't forget Syria!"

People at the art gallery watched in horror as the gunman fired at least eight shots, at one point walking around Ambassador Andrei Karlov as he lay motionless and shooting him at close range.

The assailant, who was identified as Mevlut Mert Altintas, a 22-year-old member of Ankara's riot police squad, was later killed in a shootout with police. Three other people were wounded in the attack.

THE ASSOCIATED PRESS

# Let's talk about the real tragedy

The man who killed the Russian ambassador was born in 1994, the year of the Rwandan Genocide, and was 16 when the Syrian civil war started; a child became a man in monstrous times



**Vicky Mochama**  
Metro | Toronto

Angry young men with weapons — trucks, guns, bombs, the Internet — exist everywhere; they have the ability to upend fragile peaces and spark destructive wars. An apparent terror attack in Berlin, and the assassination of the Russian ambassador to Turkey yesterday are being compared with the initiating acts of World War I.

I don't know if the comparison is fair, but I am concerned that these tragedies will exacerbate the global refugee

crisis. According to the U.N. Refugee Agency, there are 65.3 million displaced persons, the largest movement of people since the end of World War I. Nearly a third of the refugee population comes from Syria (4.9 million), Afghanistan (2.7 million) and Somalia (1.1 million).

In fear, they have crossed continents by foot, on trucks, over water and by plane. In danger, they have negotiated with criminal traffickers, marine patrols and refugee camp staff. In hope, they have sent children ahead alone, sold everything to get to anywhere else and prayed for salvation. Too many have received none.

The Syrian crisis hasn't exposed the limits of our humanitarian claims. Dadaab refugee camp's twenty-five years of existence already showed our hand. What appears to be a looming genocide in South Sudan has been met with relative silence. Northern Nigeria remains besieged by Boko Haram. The Syrian crisis has solidified those limits.

It has been over a year since the body of Alan Kurdi made front pages across the world. He wasn't the last child to escape the world's wilful ignorance.

I couldn't help but be struck by the age of the man who killed the Russian ambassador.

He was born in 1994, the year of the Rwandan Genocide, and was 16 when the Syrian civil war started; a child became a man in monstrous times. For him and so many, the global community's "never again" continues to mean "again and again."

Nonetheless, it is a heinous murder that, with its echoes from a century ago, is inexcusable. The true tragedy is that this horrific act further endangers the very people it claims to be defending. More than half of Syrian refugees have fled to Turkey where they live in a fraught atmosphere. In the last few months, Turkey has experienced a series of ter-

ror attacks and a failed coup.

There is no evidence that the gunman was a refugee. That will hardly matter. The example of Kenya and its Somali population shows that refugees easily become political footballs to be tossed around with calculated cruelty.

In Canada, our connection to the plight of the Kurdi family spurred a national response. Whether as duty or as penance, we took in 25,000 Syrians. That is a drop in the bucket. This effort pales in comparison to the scale of the crisis. "Refugees Welcome" should be more than a slogan, it should become our way of life.

### BERLIN

#### Truck rams crowded market, killing at least 12

A truck rammed into a crowded Christmas market in Berlin on Monday evening, killing at least 12 people and injuring around 50. Police said a suspect believed to be the driver was arrested nearby and a passenger died as paramedics were treating him.

The popular market was filled with a tourists and locals when the large truck hurtled into it. Germany's top security official said evidence pointed to an intentional act, and the White House said it "appears to have been a terrorist attack."

THE ASSOCIATED PRESS

### UNITED STATES

## Obama grants record pardons to 78 people

President Barack Obama has pardoned 78 people and shortened the sentence of 153 others convicted of federal crimes, the greatest number of individual clemencies in a single day by any president, the White House said Monday.

Obama has been granting commutations at rapid-fire pace in his final months in office,

but he has focused primarily on shortening sentences of those convicted of drug offences rather than giving pardons.

Neil Eggleston, Obama's White House counsel, said Obama has now pardoned a total of 148 people during his presidency. He has also shortened the sentences of 1,176 people.

THE ASSOCIATED PRESS

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# Provinces spurn feds' offer

## NEGOTIATIONS

### Pledge of \$11B fails to bridge health-care funding gap

The federal government pulled billions of dollars off the negotiating table Monday after failing to reach a long-term health-care funding agreement with the provinces and territories.

Ottawa sweetened its offer at midday in the face of withering criticism from provincial health and finance ministers, but it wasn't enough to bridge the widening gap between the two sides.

"We were working today to have partners with the provinces and territories," Finance Minister Bill Morneau told a news conference. "We were unsuccessful in that effort."

Morneau and federal Health Minister Jane Philpott had offered \$11 billion over 10 years for home care and mental health, on top of a 3.5 per cent annual increase in health transfers to the province.

That offer now appears to be



Provincial health ministers wait to speak as a group before a meeting with the federal finance and health ministers in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

off the table, reverting back to \$8 billion over 10 years, with an annual transfer payment increase that's poised to drop next April to three per cent a year — half the six per cent it has been since 2004.

"We were disappointed that the provinces and territories did not feel that they could accept this offer," Philpott said.

The talks appeared doomed from the start, with the provinces accusing the Trudeau

government of refusing to negotiate a new federal health-care funding framework, instead putting forward what they considered a lacklustre take-it-or-leave-it offer.

Quebec Health Minister

Gaetan Barrette had threatened to walk out if the federal government didn't put more money on the table.

Earlier Monday, Philpott ducked questions about the concerns of the provinces, describing Ottawa's earlier offer of mental health and home care cash as "historic" and "transformative."

"They can't continue to make ultimatums, to make threats," said Manitoba Health Minister Kelvin Goertzen.

Philpott appeared wilfully blind to the dissent, saying she was "absolutely delighted" with her government's "substantial offers on the table" as she skirted around questions about the provincial concerns.

"This is a transformative, historic offer — we're changing the face of health care in this country," she said. "I am certainly optimistic that the provinces and territories would not walk away from something like this."

But walk away they did — although not before the meetings were over, which appeared a distinct possibility as the day began.

THE CANADIAN PRESS

## PROJECT

### Students adapt toys for children

While major toy-makers have changed with the times and sell dolls with wheelchairs and crutches, those designed to be used by children with severe disabilities are still difficult, if not impossible, to find.

Because the toys have to be customized for each child, the cost can skyrocket. This conundrum gave two University of North Florida professors an idea: mix engineering and physical therapy students in a lab with the goal of converting toys from store shelves into custom-made fun for disabled children.

The Adaptive Toy Project is now in its third year and has drawn a five-year grant from the National Institutes of Health.

"Engineering students teach the physical therapy students how to modify basic electronics ... and in the process engineers learn how to do people-centred designs, and how to look at their clients differently," said Mary Lundy, a UNF professor who started the Adaptive Toy Project with a colleague.

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## CHANTAL HÉBERT ON TRUDEAU AS PARLIAMENTARIAN



### Question period has never been a prime venue for intellectual honesty, and Trudeau is not reinventing the genre.

Notwithstanding a spotty attendance record, Justin Trudeau spoke no less than 513 times in the House of Commons — mostly as part of question period — since the 42nd Parliament opened late in 2015.

Over the past year, the prime minister delivered more bromides than policy statements. The day Trudeau rose in the House to declare his intention to set a national floor price on carbon was a notable exception.

But the climate change issue — even as it has been top of mind for the Liberal government since it took power — was not one of the topics most raised with the prime minister in the House this year.

Pride of place in the list of questions put to Trudeau goes instead to political financing and the Liberal practice of offering private face time with the prime minister or one of his ministers in exchange for donations to the party.

Trudeau was asked more than 100 questions related to his and his cabinet's participation in cash-for-access events, and the potential conflicts-of-interest that could arise from the practice.

He dismissed most of those questions with a blanket assurance that all rules were being followed. The record shows that on at least 25 occasions, Trudeau repeated the same an-

swer almost word for word.

In so doing, the prime minister mostly demonstrated the limited virtues of repetition.

At year's end, there remains a glaring disconnect

minister's interventions in the House was on the mandate he claimed he had to change the way Canadians elect their government.

"Sixty per cent of Canadians



**COMMONS MAN** Prime Minister Justin Trudeau speaks during question period on Parliament hill on Dec. 7.

ADRIAN WYLD/THE CANADIAN PRESS

between his contention that the fuss over cash-for-access is unwarranted and the guidelines that state "there should be no preferential access to government, or appearance of preferential access, accorded to individuals or organizations because they have made financial contributions to politicians and political parties."

Electoral reform was the other issue that dogged Trudeau in the House over the past year. He was on the receiving end of more than 40 questions about his promise to introduce a different voting system in time for the next election. Over the year, his intentions became harder rather than easier to pin down.

When a special parliamentary committee was tasked with exploring the issue in June, the focus of the prime

voted in favour of parties that promised to change the current voting system. Canadians clearly indicated that they wanted the most recent election to be the last one conducted under the existing system," Trudeau told the House just before it adjourned for the summer.

But by December, he did not sound as certain or as enamoured of his mandate. "The fact is there are many, many different perspectives across this country on electoral reform," the prime minister told the MPs who wanted to know how he would follow up on the special committee report.

Question period has never been a prime venue for intellectual honesty, and Trudeau is not reinventing the genre. He is hardly the first prime minister to resort to obfuscation

and evasion to talk his way out of unwanted opposition questions. That may be why his stonewalling has so far not exacted much of a political cost.

For all the travel Trudeau does at home and abroad, Canadians would, in theory, be more likely to catch a glimpse of the prime minister in action in the Commons where he appears more regularly than anywhere else.

In practice though, that is not the case.

In its annual tally of Canada's news coverage the Montreal firm Influence Communication found that with the exception of the federal budget, the most reported-on Canadian political events of the past year took place off the Hill.

In its year-end review of 2016 Canadian politics, CTV listed just one story — the adoption of Canada's right-to-die legislation — in which Parliament truly took centre stage.

An Abacus poll published this weekend reported that one third of Canadians had not heard of the fundraising controversy the opposition and the media have so consistently hammered Trudeau about over the past few months.

Almost half said they had not heard of the ongoing online consultation on electoral reform — and that's after the government sent a card about it to every household.

By any measure, much of what happens on Parliament ends up staying on Parliament Hill. That is not just because there are fewer journalists to cover what goes on there. But more on that in a future column.

**Chantal Hébert** is a national affairs writer.

## Oh, Edmonton, I can't help but love you

### URBAN PARADIS

Danielle Paradis



It's been a difficult year. Some have even suggested 2016 was the worst year ever (Trump, Bowie, Prince, not to mention Aleppo and Zika).

And, even in a good year, the onset of winter can be a tough time. Still, there's a lot in our city to be grateful for. I hope you take a moment during the break to enjoy our city as winter unfolds. Here are a few specific things to be thankful for.

**Our Mayor.** With our ridiculous LRT (so much money, so little speed) or the High Level Bridge suicide-barrier fiasco, it's easy to criticize city council's work. Still, if this year's political climate taught me anything, it's that it's important to count our blessings, too. Like Mayor Don Iveson.

This year, he tackled big issues including racism, infrastructure and homelessness. Iveson and city council have had some wins this year, too, gaining increased funding from the feds and the province to repair and upgrade more than 120 affordable-housing units in our city.

Iveson's use of social media and public transit also make him an accessible mayor, and he's regularly taken a public stand for women and LGBTQ folks.

**Growing indigenous culture.** Assigning indigenous names or identifiers to local spaces helps establish a sense of actual place for Edmontonians. Our city is now home to the second largest urban indigenous population in Canada, and there's a growing awareness of how includ-

ing the history of these first peoples can enrich culture.

When Maskekosihk (pronounced Muss-Kay-Go-See) Trail made headlines recently, a few people worried about the mainstream's ability to pronounce the name for the road running between Edmonton and the Enoch Cree First Nation.

My take? If you can say Hawrelak, McConachie or Caernarvon, you'll be fine saying Maskekosihk.

It's appropriate indigenous recognition comes with a greener core. In 2016, Iveson and the Downtown Edmonton Community League broke ground on Alex Decoteau Park downtown. As the first Indigenous police officer in Canada, he will lend his name to a much-needed park on the northwest corner of 105 Street and 102 Avenue.

**The coffee shops.** There are suddenly so many great places to sip a hot bevv and write in this city.

Remedy and its chai has been a staple ever since I moved to Edmonton, but downtown is increasingly filled with fantastic places to refuel: Credo and the Coffee Bureau, among many others (Lock Stock, Transcend, even the new Crash Hotel cafe) offer great people watching locations and Americanos to rival Caffè Artigiano.

**The River Valley.** While Vancouver's Stanley Park gets all the glory, Edmonton river valley's park system is 7,300 hectares, making it the largest urban parkland in Canada. The river valley is beautiful year round and downtown has a particularly lovely view from the Hotel MacDonald or the Shaw Conference Centre.

Merry Christmas, Edmonton and see you next year.

**Trudeau is hardly the first PM to resort to obfuscation and evasion. That may be why his stonewalling has so far not exacted much of a cost.**

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## Top health issues of 2017

INSIGHT

### Canada's outgoing chief doctor talks future threats

Genna Buck  
Metro | Toronto



During his tenure as Canada's official top doctor, Gregory Taylor spent much of his time responding to two viruses that weren't on our radar a few years ago: Ebola and Zika.

"The list of what I didn't get to is very long," said Taylor, who left the post last week.

In between global health crises, he issued reports to parliament on alcohol abuse and family violence and worked on educating the public about how closely health and lifestyle are connected. He even calls the health-care system the "disease care system."

In a wide-ranging conversation with Metro, Taylor outlined the health issues he thinks will dominate the years to come. And he has some ideas for how the next Chief Public Health Officer should face them.

#### On lifestyle diseases

There's a very long list of things we need to be focusing on. But the top one for me is lifestyle diseases. These problems are wickedly complicated. And the solutions to these problems are outside the health sector. By lifestyle, I mean obesity, physical activity, poor nutrition. One of the indicators of that is diabetes. Our rates in the last few years have virtually doubled. We're not really getting ahead at all on obesity. It's a reflection of a developed society where we eat ourselves sick.

#### On healthy cities

We've known for many, many years that the built environment has a huge effect on health. Some cities are very hot and it's hard on some people. The walkability of cities and the availability of rapid transit are extremely important. I work with the age-friendly cities initiative at the World Health Organization. And age-friendly cities are healthy for everyone because they're easy to get around in.

#### On superbugs

Antimicrobial resistance is a big issue that we're trying

to face. Organisms naturally evolve and become resistant to antibiotics. We've been OK up to now because there've been new ones. Well, we've been overusing antibiotics in humans and animals and the rate at which they become resistant has increased. The drug companies aren't producing new antibiotics. This is a real, global crisis, and if we don't address this we're going to go back to the pre-antibiotic era — infections can kill you, and we won't be able to do minor surgical procedures.

#### On the direction of research

We need research to make sure we're implementing the knowledge and science we already have. It took us 40 years to get tobacco rates down. And we knew for a long, long time how dangerous tobacco was. We focus a lot on educating people. And that's great. But it's not sufficient to do behaviour change. Vaccination hesitancy is a really good example. We have safe, effective, cheap interventions that prevent disease. Yet we have significant numbers of Canadians who don't trust that. So how do we convince those to trust us?



Dr. Gregory Taylor sees lifestyle diseases, antimicrobial resistance and healthier cities as key issues facing his successor as the nation's top medic. ISTOCK/AP; TORSTAR NEWS SERVICE

That's some of the implementation research we need.

#### On what Canada's next top doctor will face

What keeps me up at night, and what I assume will keep

the next person up at night, is that we really don't know what those unforeseen things are. Nobody could have predicted Ebola. What's next? We're not sure. It's most likely, because of climate change and

factors like that, that it's going to be a vector-borne disease. What keeps me up at night is making sure we have the right staff and the right competencies so that we're prepared no matter what.

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# No turbulence for canines in the cabin

## HOLIDAY TRAVEL

**Can dogs fly? Of course, as long as owners prep well and pooch behaves**

**Carli Stephens-Rothman**  
For Torstar News Service

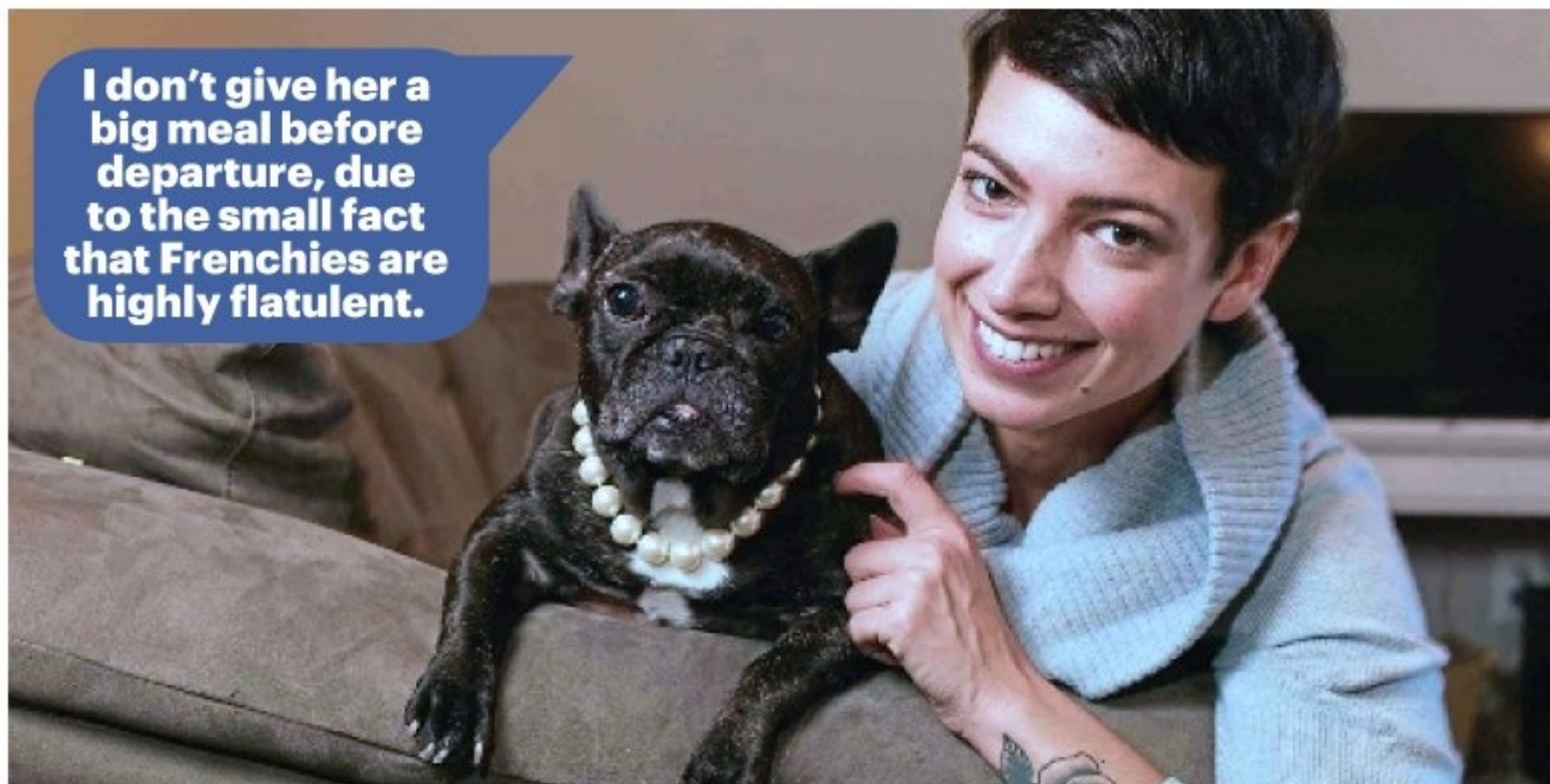
When I arrive at the airport, I have a smile on my face and two brand-name bags strapped to my body. Over my left arm, I've got my new Lug bag, which is both terribly cute and mysteriously convenient. Over my right arm, I'm toting a less stylish, far more cumbersome Sherpa bag. The Lug contains everything I need for a five-day vacation and it's overhead compatible. It's literally a miracle bag. The Sherpa contains only my dog. It's figuratively an anvil.

About five years ago, I decided to stop passing up opportunities to travel simply because I couldn't find a pet sitter. I figured — since she's essentially a loaf of bread with legs, therefore small enough to join me in the cabin — why not? At this point, I don't think twice before including my pet as a fellow passenger.

Last month, flying back to Victoria from Edmonton, a woman came to gush over Fig, my dog, who was peeking out of the carrier as I purchased a pre-flight coffee. "A PUGGG," she squealed in the direction of the Sherpa. I've learned to practise acceptance around people who mistake my Frenchie for other flat-faced breeds. After all, as far as I'm concerned, all cats and all babies look exactly the same.

"She's a French bulldog," I correct her politely. "Does she fly often? Is she quiet on the plane? Does it scare her to be in the air? What if she has

**I don't give her a big meal before departure, due to the small fact that Frenchies are highly flatulent.**



Carli Stephens-Rothman with her dog Fig, a seven and a half year old French bulldog, complete with pearls. KEN FAUGHT/TORSTAR NEWS SERVICE

to pee? What do the other passengers think?"

I forget sometimes that flying with a pet is an experience not many people have had.

Yes, she flies often — three or four times a year and once I win Lotto 6/49, she'll be sky-bound weekly! Most major hotels keep pet-friendly suites at no extra cost.

Fig is generally a quiet dog, but even more so when we're in flight. Our vet told us that the vibrations of the plane are actually quite soothing, as it reminds dogs of lying up against their mother. So, cruising altitude for me is snoozing altitude for her. As for best potty practices, it's recommended to limit a dog's water intake for

three hours pre-flight. In Fig's case, I don't give her a big meal before departure, due to the small fact that Frenchies are highly flatulent. Let's just say I've skipped many an in-flight movie to watch the drama unfold — a woman nudging her husband accusingly over a fart he didn't commit; his expression of innocence and confusion.

Truth be told, the most challenging part of flying with pets are the people on planes without pets. Not everyone is happy to have an animal on board. I've had people ask to switch seats to be farther from us and once I had someone ask me if

I couldn't just "catch the next one," because "dog-smell" upsets her, as if air travel was like public transit and another flight to Winnipeg would be along in five minutes. In those cases, I just keep my head down and try not to comment on the fact that their smell, a bouquet of duty free perfume, is incinerating my sinuses.

"But what about legitimate pet allergies," you may wonder. Tough Milk-

bones, I guess. Most airlines will help allergy-ridden travellers by switching their seats to be further from the sneeze-inducing creature, but aside from that, allergy sufferers are not left with many options. Air Canada, for example, only allows one pet per flight, but many flights have just that.

If I want to have the privilege of flight with my fur-babe, I have to be respectful. That means answering questions amiably and handling the more fragrant naysayers with grace. It also means following the rules at all times; not taking her out of her bag in the cabin, only walking her on the leash in airports that permit it, having all health-related documents ready in advance and returning to the luggage trolley to collect my bags only after I've taken her outside to relieve herself.

Overall, though the pet carrier's heavy, I feel much lighter knowing my dog's by my side. Travelling with Fig comes down to just this: Passport? Check. Boarding pass? Yep. House keys? Probably not, but I'll figure that out when I get back. Snorting, scratching, farting four-legged beast? It wouldn't be a vacation without one.

**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

## Savouring a return trip to wonderland



The SNL cast of 1975 get festive. CONTRIBUTED

**THE SHOW:** Saturday Night Live Christmas Special **THE MOMENT:** Winter Wonderland

Toward the end of this compilation of skits from SNL's 50-odd Christmas shows, this gem rose up from the very first season.

Dec. 20, 1975. Candice Bergen is hosting. Garrett Morris, in a red sweater and green-and-white striped scarf, begins singing Winter Wonderland into a hand mike. He sings really well. Backing him is the long-haired, bearded SNL house band, dressed as scruffy angels.

After a few bars, Bergen, Gilda Radner, Laraine Newman and Jane Curtin dash onstage and join in around one standing mike. They're wearing red

caps, red T-shirts that read "Merry Christmas," and grey sweatpants tucked into very '70s boots. A few bars later, Chevy Chase, Dan Aykroyd and John Belushi stroll in wearing pea coats and scarves; they add a basso doo-wop. As the song builds to its final verse, low-rent snow begins to fall.

This number was a time machine for me — suddenly I was 13 years old, watching it for the first time on the red Panasonic in my childhood bedroom, in love with the cast and itching for New York. Its no-budget shabbiness was part of the glamour; its thrown-together feel radiated joy.

Everyone looks impossibly young, especially Radner and Belushi, whom we lost too soon. But I didn't feel nostalgia. I was there: in the ache of Christmas, yearning for a big life. It's not that I don't remember who I was or what things were like then. It's the opposite. I still feel like that person. It's the years in between that blur.

SNL returns Jan. 14 to NBC and Global.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Most major airlines flying within Canada accommodate pets, assuming they're under about 10 kilograms, for about \$60 round trip.



# Mommy brain is real

## PREGNANCY

### Memory stays intact, but MRI data signals definite change

Pregnancy affects not only a woman's body: It changes parts of her brain too, a new study says.

When researchers compared brain scans of women before and after pregnancy, they spotted some differences in 11 locations. They also found hints that the alterations help women prepare for motherhood. For example, they might help a mother understand the needs of her infant, Elseline Hoekzema, a study author, explained.

Hoekzema is a neuroscientist at Leiden University in the Netherlands who began working on the study while at the Autonomous University of Barcelona in Spain. She and colleagues present the results in a paper released by the journal *Nature Neuroscience*.

It includes data on 25 Spanish women scanned before and after their first pregnancies, along with 20 women who didn't get pregnant during the study. The



Results of the study hint that such upgrades may prepare a woman for motherhood. ISTOCK

brain changes in the pregnancy group emerged from comparisons of those two groups.

And the changes, first documented an average of 10 weeks after giving birth, were mostly still present two years later. Studies showed they're a motherhood thing: No brain changes were seen in first-time fathers.

The women showed no declines on tests of memory. Based on prior research findings, the researchers think the brain changes

happened during pregnancy rather than after childbirth.

What's going on? Hoekzema and colleagues think the differences result from sex hormones that flood the brain of a pregnant woman. In the 11 places, the MRI data indicate reductions in volume of the brain's grey matter, but it's not clear what that means. It could reflect loss of brain cells or a pruning of the places where brain cells communicate, called synapses.

Losing some synapses is not necessarily a bad thing. It happens during adolescence, producing more specialized and efficient brain circuits. Researchers suspect that could be happening in the pregnant women.

The affected brain areas overlapped with circuitry that's involved in figuring out what another person is thinking and feeling. That's a handy ability for a mother tending to an infant.

THE ASSOCIATED PRESS



Natalie Bobier-Gariépy named her baby Liam, which is Canada's top boy name for 2016. CONTRIBUTED

## BABY NAMES

### Liam and Sophia are country's top names

Canada's only countrywide list of baby names has tabulated its 2016 data and found that Liam and Sophia are the most popular choices this year.

Emma and Olivia rounded out the top Canadian girls' names, while Noah and Lucas were the other two most-popular names for boys.

The Top 100 list was compiled by BabyCenter.ca, which sends new parents newsletters that track their child's development. When parents register for the baby updates, the child's name is put into their private database, which is the basis for the list.

Many new parents chose "strong" names for their daughters in 2016. The name Adele jumped 33 places, Canadian kids were named Hillary and

## + THE TOP 10

### Canada's hottest names for 2016:

**Girls:** (1) Sophia, (2) Olivia, (3) Emma, (4) Charlotte, (5) Ava, (6) Chloe, (7) Zoey, (8) Amelia, (9) Abigail, (10) Mia.  
**Boys:** (1) Liam, (2) Noah, (3) Lucas, (4) Oliver, (5) Benjamin, (6) Logan, (7) Owen, (8) Jacob, (9) Jack, (10) Ethan.

Clinton (given to a boy), and the Obama effect was even felt up north: Michelle found a spot in the Top 100 after several years off the list entirely.

TORSTAR NEWS SERVICE

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## TREATMENT

### Managing morning sickness

Morning sickness can really put a damper on the experience of being pregnant, but the Society of Obstetricians and Gynaecologists hopes updated treatment guidelines will help women better manage the gut-wrenching condition.

Between 50 and 80 per cent of women are affected by nausea and/or vomiting during pregnancy, yet many don't seek treatment because they worry about the potential risks of medications on the developing fetus, said Dr. Jennifer Blake, CEO of the professional medical organization.

Managing the condition "can have a profound effect on improving women's health and their quality of life during pregnancy. However there are many safe and effective pharma and non-pharmacological options available," Blake said in a statement following the release of the guidelines.

Most women who experience morning sickness find it passes by the end of their first trimester, said Kim Campbell, a registered midwife at the University of British Columbia who co-authored the guidelines. Others, however, will suffer throughout their pregnancy.

Stomach-churning symptoms range from mild to severe, she said. "It's the spectrum — a little bit (of sickness) or you could be

## + GREEN NO-GO

### Marijuana not the answer

Medical marijuana has been touted as an anti-nausea therapy for some people — for instance, for cancer patients undergoing chemotherapy. But smoking any substance is considered a major no-no during pregnancy.

Dr. Kim Campbell said the SOGC committee did discuss marijuana, but decided not to include it.

"We couldn't find anything in evidence about treatment for this in pregnancy and we suggested there are so many other harms with this...that we did not even mention it," she said. THE CANADIAN PRESS

throwing up many times a day."

Sometimes, women can't ingest either liquids or food and are in danger of being dehydrated and not getting adequate nutrition; some end up being admitted to hospital, as was the case with Catherine, the Duchess of Cambridge.

"In the more extreme cases, where you can't keep anything down, you can't socialize properly, you can't go to work, you

can't look after your children, you can't care for your family and yourself," Campbell said. "So it can be significantly debilitating."

The SOGC document advises women suffering from pregnancy-related digestive upset to start with non-drug treatments such as ginger, vitamin B6 and acupressure to ease their symptoms.

"There are some new medications on the market, but there isn't necessarily a magic bullet," she said. "What we have now is more information about some natural approaches that are accessible to everybody, like the ginger and the acupressure and acupressure."

"These are things women should feel completely free to do and they're easily accessible and they're very affordable for them."

Foods that a woman eats may not be as important as once thought. In the past, women with morning sickness were advised to eat small, bland meals and avoid fatty foods like potato chips. But research shows changing the diet may have limited effectiveness, and doctors say women should eat whatever pregnancy-safe foods appeal to them.

Foods considered possibly unsafe during pregnancy include those with a potential to cause infection. THE CANADIAN PRESS





## IN BRIEF

**Strome to wear C for Canadian junior team**  
Dylan Strome was named captain of Canada's team for the world junior hockey championship with Mathew Barzal and Thomas Chabot as alternate captains, Hockey Canada announced Monday.



**Dylan Strome**  
GETTY IMAGES

All three are back from last year's world juniors, where Canada was eliminated in the quarter-finals by host Finland. THE CANADIAN PRESS

**Panthers owner tapped for U.S. Army secretary**  
U.S. President-elect Donald Trump chose Florida Panthers owner Vincent Viola on Monday to serve as army secretary.

Viola, a 1977 West Point graduate who bought the Panthers in 2013, will need to be confirmed by the Senate. If that happens, pending NHL approval, his roles as chairman and governor of the club would be filled by Doug Cifu.

THE ASSOCIATED PRESS

**Blue Bombers bring back long snapper Rempel**  
The Winnipeg Blue Bombers have signed Canadian long-snapper Chad Rempel to a two-year contract.

Rempel, from Sherwood Park, has appeared in all 36 regular-season games and one post-season contest since signing with Winnipeg prior to the start of the 2015 season.

THE CANADIAN PRESS

# Nugent-Hopkins lifts Oilers to victory in OT

## NHL Edmonton overcomes two deficits to win in St. Louis

Ryan Nugent-Hopkins scored 2:55 into overtime, lifting the Edmonton Oilers over the St. Louis Blues 3-2 on Monday night.

Nugent-Hopkins scored on a wrist shot after getting a pass from Connor McDavid.

Nugent-Hopkins' winner followed a tying third-period goal by Patrick Maroon, a St. Louis native. He made it 2-2 with a goal 5:47 into the third.

Standing outside the crease between two defenders, Maroon deflected a shot by Brandon Davidson for his first goal in nine career games against the Blues.

St. Louis scored first when Kyle Brodziak connected on a wrist shot 4:20 into the game. Nugent-Hopkins tried to poke the puck over the blue line, but Kevin Shattenkirk got it and passed to a wide open Brodziak, who beat Cam Talbot on his glove side.

Edmonton tied the game about seven minutes later. Leon Draisaitl won a faceoff and Tyler Pitlick buried the shot, beating backup goalie Carter Hutton on his right side. Draisaitl also assisted on Maroon's goal.

The Blues took the lead back 33 seconds later when Vladimir Tarasenko hit a wrist shot from the right circle.

Tarasenko leads all NHL players with 15 points (six goals



The Oilers' Ryan Nugent-Hopkins celebrates alongside teammate Andrej Sekera after scoring past Blues goalie Carter Hutton and defenceman Alex Pietrangelo on Monday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

and nine assists) in December. Tarasenko has points in 17 of his last 21 games with 12 goals and 17 assists.

Pitlick fell to the ice with 4:26 left in the second period, favouring his left leg. He checked Jori Lehtera and his momentum carried him into the boards. He got helped off the ice and back into the locker room.

### MONDAY In St. Louis

3	2
OILERS	BLUES

Hutton, who turned 31 on Monday, made his first start since Dec. 3, when the Blues lost to the Jets in overtime. He

stopped 32 shots and is 16-2-8 in his career when he faced 30 or more shots.

Talbot had 25 saves.

The Blues have now lost three in a row to the Oilers. Prior to doing so, St. Louis had won eight straight against Edmonton.

The Oilers will be in action again on Wednesday night at Arizona.

# 30

Cam Talbot leads the league in games played among goalies with 30.

The Blues, meanwhile, will be back at it on Tuesday night at Dallas. THE ASSOCIATED PRESS

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# Reds tops in Merseyside derby

## PREMIER LEAGUE

### Mane's winner sends Everton faithful home disappointed

Sadio Mane grabbed the winner in the fourth minute of injury time as Liverpool beat Everton 1-0 on Monday to head into Christmas in second place in the Premier League and extend its recent dominance of Merseyside derbies.

Substitute Daniel Sturridge's low long-range shot dribbled against the post and Mane tapped the rebound into an empty net, sparking wild celebrations among Liverpool supporters that saw two red flares thrown onto the field.

After a 227th derby match that was frantic and bereft of quality and scoring chances, Liverpool moved above Manchester City and back to within six points of Chelsea, which has won its last 11 league games.

Everton's struggles in this local rivalry continued — the blue half of Merseyside has been vic-

## + DIVISION TABLE

	GP	W-D-L	Pts.		GP	W-D-L	Pts.
Chelsea	17	14-1-2	43	West Ham	17	5-4-8	19
Liverpool	17	11-4-2	37	Middlesbrough	17	4-6-7	18
Man City	17	11-3-3	36	Leicester	17	4-5-8	17
Arsenal	17	10-4-3	34	Burnley	17	5-2-10	17
Tottenham	17	9-6-2	33	Crys. Palace	17	4-3-10	15
Man United	17	8-6-3	30	Sunderland	17	4-2-11	14
Sheff. Wed.	17	6-6-5	24	Swansea	17	3-3-11	12
West Brom	17	6-5-6	23	Hull City	17	3-3-11	12
Everton	17	6-5-6	23				
Bournemouth	17	6-3-8	21				
Stoke City	17	5-6-6	21				
Watford	17	6-3-8	21				

Champions League  
Europa League  
Relegation

torious only once in the past 20 meetings — but Liverpool didn't look like a side that started the match on top of the league's scoring charts with 40 goals until Mane came to the rescue.

"The plan of Everton was wild football," Liverpool manager Jurgen Klopp said. "It was a battle and we were ready."

It won't be a match that lingers long in the memory, except for the dramatic late goal and a shocking challenge by Everton's Ross Barkley on England teammate Jordan Henderson that could easily have earned him a

red card. Instead, it was one of four bookings in a fixture that has produced more red cards — 21 — than any other in Premier League history.

"It was pretty late," Henderson said. "I know him well, I'm good friends with him. Obviously he mistimed the tackle and he apologized after. It's a derby — it doesn't matter if you're friends off the field."

Continuing their momentum from the 2-1 win over Arsenal at Goodison Park last week, Everton's players tore into Liverpool in the frantic opening min-

utes that were marked by high energy and misplaced passes. Everton defender Ramiro Funes Mori set the tone with a powerful early header and the hosts were both stronger in the tackle and first to the ball.

They didn't look like scoring, though, and Liverpool had established an element of control by the half-hour mark. Divock Origi snatched at a low cross by Nathaniel Clyne in the 37th, sending his effort wide, and the first half ended with neither side having a shot on target.

Liverpool stayed on top after halftime, with Everton goalkeeper Maarten Stekelenburg blocking Roberto Firmino's attempted lob before hobbling off injured after clashing with teammate Leighton Baines. The lengthy period of treatment for Stekelenburg's injury was the main reason for the eight minutes of stoppage time, of which Liverpool took full advantage.

Sturridge came on for Origi and with one of his first touches, the striker sent in the shot that led to the winning goal and ended Everton's nine-month unbeaten home record in the league. THE ASSOCIATED PRESS



Sadio Mane flicks a pass on to a teammate during the Merseyside derby at Everton's Goodison Park on Monday in Liverpool. CLIVE BRUNSKILL/GETTY IMAGES

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## NFL

### Playoff spot isn't Raiders' only goal

Oakland coach Jack Del Rio got swamped with congratulatory messages after the Raiders clinched their first playoff berth in 14 years.

Fans had reason for excitement after more than a decade of losing that featured 18 starting quarterbacks, nine head coaches and the second-most losses in the league with 148.

Del Rio's focus, however, is elsewhere, with the Raiders (11-3) still needing two more wins to clinch the division and a first-round bye once they get to the post-season.

"I'm excited for the fans," Del Rio said Monday. "To be in the playoffs, and there's been a drought here. We got here two years ago and talked about winning the division and be-



Jack Del Rio  
GETTY IMAGES

ing in the playoffs. The being in the playoffs part is there, the winning the division is still to be determined. So we need to continue to work on that, let the fans enjoy the other part, but as a team we've got to get back to work."

The Raiders had a very successful Sunday as they watched Tennessee beat Kansas City 19-17 on a last-second field goal to knock the Chiefs out of first place in the AFC West, then went out and beat San Diego 19-16 to clinch at least a wild-card spot.

THE ASSOCIATED PRESS

## IN BRIEF

### Canadian women top U.S.

Captain Marie-Philip Poulin scored just 42 seconds into overtime as Canada rallied to a 3-2 win over the United States on Monday in an exhibition between the two women's hockey powerhouses.

Jennifer Wakefield blasted a one-timer from the hashmarks in to tie the game with 24 seconds left to play, forcing the extra period for Canada. Rebecca Johnston had scored early in the first.

Edmonton's Shannon Szabados made 23 saves for the win.

The game was the second of two exhibitions between Canada and the U.S., ahead of next spring's world championships.

THE CANADIAN PRESS

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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8	7	4	2	3	6	1	5	9
2	9	5	1	4	7	6	8	3
3	6	1	9	8	5	2	4	7
6	4	9	8	5	2	7	3	1
5	2	8	3	7	1	9	6	4
1	3	7	4	6	9	8	2	5
7	8	2	5	1	3	4	9	6
9	5	6	7	2	4	3	1	8
4	1	3	6	9	8	5	7	2

## metro OBITUARIES

Metro is now publishing Obituary notices

To place a notice, go to [obits.metronews.ca](http://obits.metronews.ca)



## MAKE IT TONIGHT

## Elegant Leek and Artichoke Frittata



PHOTO: MAYA VISHNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



This pale green beauty comes together in no time with quick-cooking leeks and soft, canned artichokes. Goat cheese and Dijon mustard give it just enough bite.

**Ready in 20 minutes**

Prep time: 5 minutes  
Cook time: 15 minutes  
Serves 4

**Ingredients**

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 leek, washed thoroughly, sliced thinly
- 1 can (14 oz) artichokes, drained
- 8 eggs
- 1 Tbsp Dijon mustard
- Salt and pepper
- 2 oz goat cheese crumbled
- 3 scallions, sliced

**Directions**

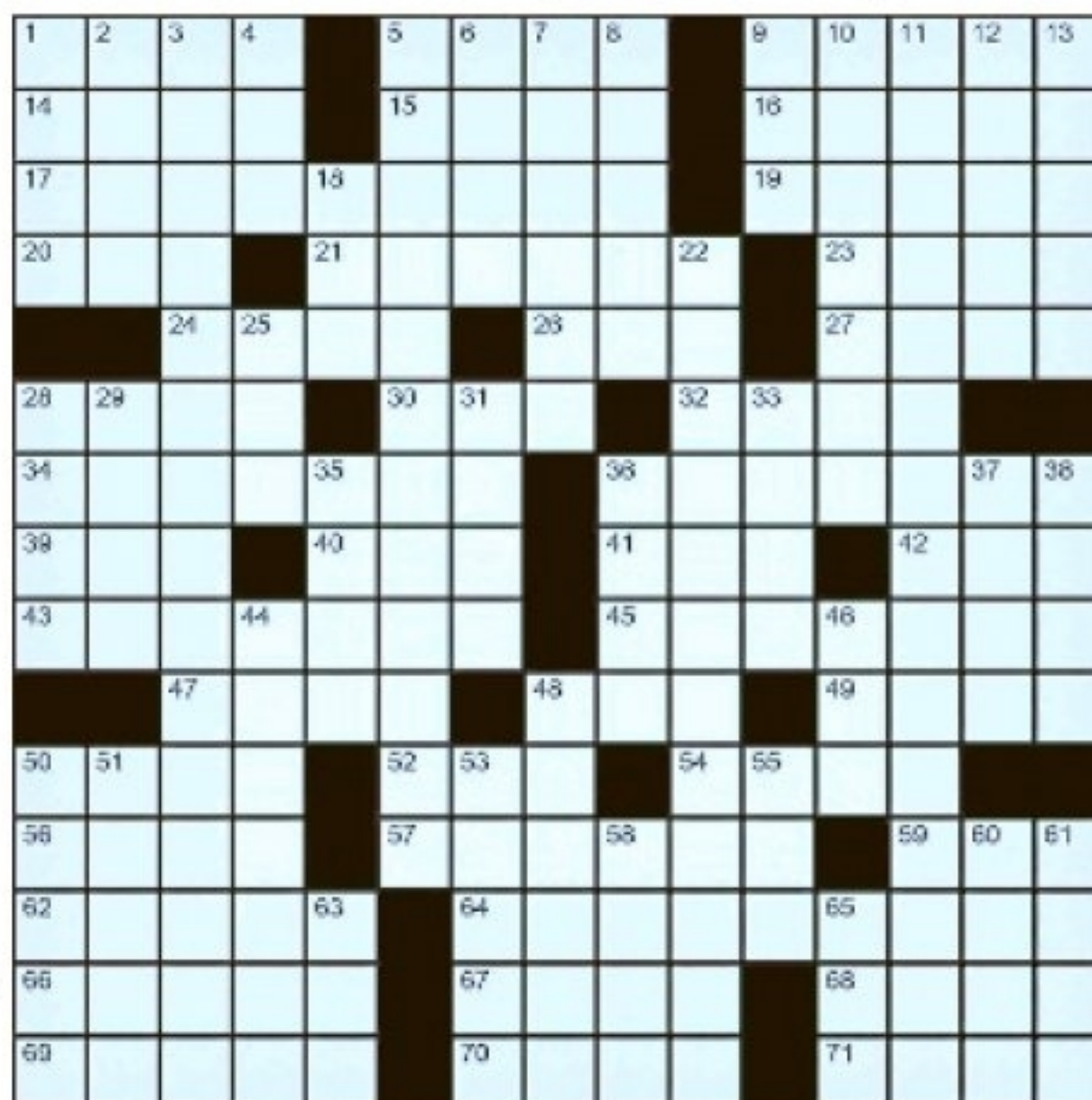
1. Preheat the oven to 350 F.
2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

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## CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

## ACROSS

1. Monsieur Le Pew
5. Sleeves
9. Aunt's hubby, in Quebec
14. Perched above
15. Tooth part
16. "Oh, \_\_\_ a wonderful time, thank you." (Couple's departing-a-party comment)
17. Community north of Brandon in Manitoba: 2 wds.
19. Barrel slat
20. T.O. transport provider
21. In and of \_
23. Paul McCartney ballad: "Jenny \_"
24. "Dedicated to the \_\_\_ Love" by The Shirelles
26. "Fantasy Island" souvenir
27. Alberta town
28. Literature heroine Jane
30. "\_\_\_ for Christmas"
32. Ginger Spice
34. Sloppy Joe sauce brand
36. Carnivorous carves at Christmas
39. Assoc.
40. "Chandelier" singer
41. Sequence, shortened
42. Web connector, commonly
43. Puffin, for one: 2 wds.
45. One acquiring knowledge
47. US campus mil. program
48. Ginger \_



49. Macy Gray hit: 2 wds.
50. Bandmate to #32-Across: name + letter
52. Globe's long. crosser
54. Heel height unit
56. \_\_\_ the crack of dawn: 2 wds.

57. Arise
59. Hesitant sounds
62. Mia Farrow's activist son
64. Scrooge's sour sentiment: 2 wds.
66. Farewell, in Rome
67. "Shall \_\_\_ the table?" (Pre-dinner query)

68. Toolbox item
69. 'Mechanical Resonance' band
70. Red Rose products
71. Firewood-making needs

## DOWN

1. Role
2. Coup d'\_\_
3. Home-created Christmas tree decorations: 2 wds.
4. Prefix to 'centre'
5. Santa's toy manufacturing facility is located in this region: 2 wds.

6. Kings: French
7. Road trip accommodations
8. Fashion sense
9. "That hurts!" equivalents
10. CTV, for one
11. Island of Misfit Toys denizen in "Rudolph the Red-Nosed Reindeer"
12. Washed
13. Parades
18. Gambling cube
22. Ice skating formations: 2 wds.
25. Fresh
28. Some punk music fans
29. Lively
31. "If only \_\_\_ known."
33. Earth goddess in Das Rheingold
35. "Whose Line \_\_\_ Anyway?"
36. Cost
37. River of Flanders
38. Agile
44. Jingly sleigh-puller's bells location
46. Mr. Ocasek
48. Feeling calm: 2 wds.
50. Napoleon marshal, Joachim \_ (b.1767 - d.1815)
51. Lyric poem
53. Scope
55. Modern, in Munich
58. Ms. Perlman
60. Govern
61. Boot camp titles, briefly
63. Cacharel perfume
65. Commerce deg.

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Observe your interactions with others during the next six weeks, because you could be your own worst enemy. It will be easy to fall into childish, self-defeating behaviour.

**Taurus** April 21 - May 21  
You will be aggressive in the coming month when dealing with others, especially groups. This will help you if you coach a team; however, lighten up when with your friends.

**Gemini** May 22 - June 21  
Your ambition will be aroused in the next six weeks, which is why you will work hard to achieve what you want. Think about your goals for the coming year.

**Cancer** June 22 - July 23  
Your desire to travel will be strong during the next six weeks. Mars wants you to have a change of scenery. Meanwhile, steer clear of controversial issues involving politics, religion and race.

**Leo** July 24 - Aug. 23  
Disputes about shared property and the values of others might arise now. Stay mellow, because one man's meat is another man's poison.

**Virgo** Aug. 24 - Sept. 23  
You will have to be extra patient with friends and partners during the next six weeks, because fiery Mars is opposite your sign. Forewarned is forearmed.

**Libra** Sept. 24 - Oct. 23  
You'll find it easy to work hard and give your job everything you've got during the next six weeks. Be careful not to be bossy with others.

**Scorpio** Oct. 24 - Nov. 22  
This is the perfect time for many of you to take a cruise or slip away on a vacation, because you want to play! The next six weeks offer opportunities for fun and romance.

**Sagittarius** Nov. 23 - Dec. 21  
Your home scene will be a bit chaotic during the next six weeks. This means you must be extra patient with family members and others at home.

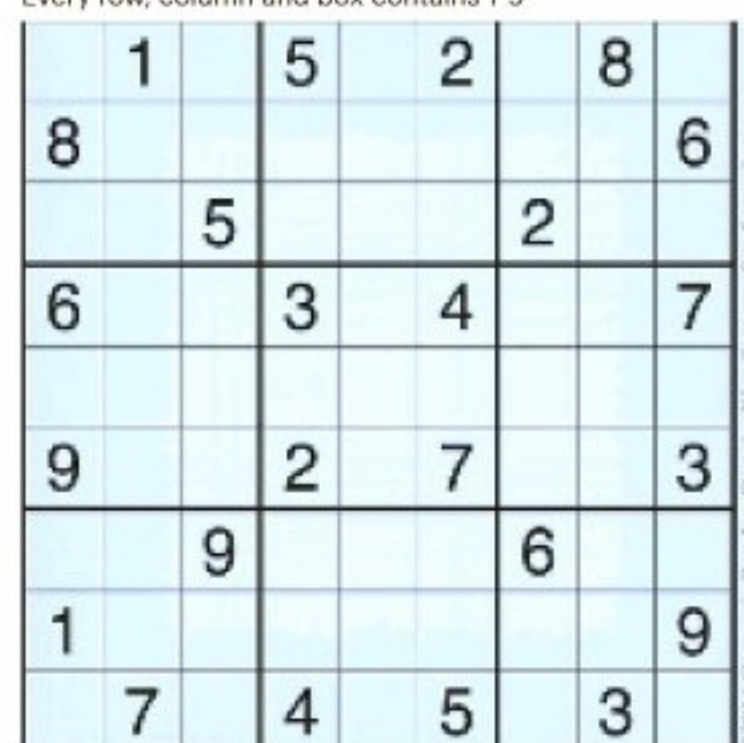
**Capricorn** Dec. 22 - Jan. 20  
All your communication with others will be unusually direct and forthright in the next six weeks. It's a strong time for those who communicate for a living.

**Aquarius** Jan. 21 - Feb. 19  
You will work hard until February to boost your earnings. Ironically, you also will work hard to spend your money.

**Pisces** Feb. 20 - March 20  
Fiery Mars will be in your sign until the end of January, which makes you aggressive and pumped. This will give you lots of energy and help you get things done.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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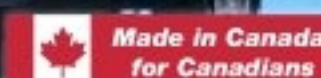
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